



WOMEN ON WEIGHTS

2015-2016

QUICK FACTS

WHAT Weight Training
WHERE Legacy Center Weight Room
WHO Legacy Center Members only
WHEN See dates below
FEES Resident : \$125; Non-Resident : \$150 for each session. This fee is Non-Refundable.

REGISTRATION

Registration will start 2 months prior to the session start date.

Registration Deadline: Until Full

Register at the Legacy Center Back Office during normal business hours or online at www.lehi-ut.gov/legacy-center.

MORE INFORMATION



For more information contact the Legacy Center Front Desk at 385.201.2000.



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www.facebook.com/lehilegacycenter



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www.twitter.com/legacycenter

WEIGHT TRAINING

This class will provide the proper guidelines necessary to make changes in your fitness level. This course lasts for three months, during which time you will be taught different techniques of strength training.

The first week will be geared to finding out where your fitness level is through different assessments, including strength, flexibility, cardiovascular and body fat.

Attending this class regularly will help you integrate the healthy lifestyle fundamentals into your life. You will see positive results, meet new people with similar goals in mind, and find joy in exercising. Come see for yourself.

SESSION III

September 1 to November 19

Tuesday and Thursday

10:30 a.m. to 11:30 a.m.

Registration Begins July 1

SESSION I

January 5 to March 24, 2016

Tuesday and Thursday

10:30 a.m. to 11:30 a.m.

Registration Begins Nov. 5

SESSION II

*March 29 to June 23, 2016

Tuesday and Thursday

10:30 a.m. to 11:30 a.m.

Registration Begins Jan. 29

* No class April 5 & 7

LEHI LEGACY CENTER

123 North Center Street

385.201.2000

www.lehi-ut.gov/legacy-center



RECREATION

REGISTRATION HOURS

Monday-Friday

8 a.m. to 6 p.m.

or register online.